

QUEEN ANNE POOL

Spring 2004



April Pools Day April 17

10:00-11:30 a.m. Free

A fun event for the whole family. Learn about water safety in a pool environment followed by a free swim. Then join us for a barbeque after the event. So grab your swimsuit and towel and come on down to Queen Anne Pool for hours of fun.

Bike Helmet Sales

Beginning Saturday May 15

Call 386-4282 for more info
See page 16 in the Community Center pages
1920 First Avenue West
Seattle, WA 98119-2602
206-386-4282
<http://www.seattle.gov/parks/Aquatics/queenannepool.htm>

Hours of Operation

Early Morning Lap Swim

Mon — Fri	6 – 7:30 a.m.
Mon	11 a.m. – 9:30 p.m.
Tues & Thurs	11 a.m. – 10 p.m.
Wed & Fri	11 a.m. – 8 p.m.
Sat	8:30 a.m. – 5:30 p.m.

Having A Party?

**Celebrate your event by
renting the pool.**

Do it yourself or “after hours” party

Prices start at \$75.50 for a one hour party for 30 kids or less. The most popular party is \$147.50 for one hour in the pool and one hour for a lobby party. Amenities include: floating mats, noodles, tables, chairs and a rockin’ stereo system. Call pool for available times.

Daily Pool Schedule

& General Information

Monday & Wednesday

6:00 – 7:30 a.m.	Early Morning Lap Swim
7:30 – 11 a.m.	Seattle Public School program
11:15 – Noon	Hydro-fit
11:15 – Noon	Oodles of Noodles(Wed)
Noon – 1:30 p.m.	Adult and Senior Swim
1:30 – 3:00 p.m.	Lessons
3:00 – 4:00 p.m.	Lap Swim
4:00 – 5:30 p.m.	Salmon Bay Swim Team
5:30 – 7:00 p.m.	Youth & Adult Lessons
6:30 – 8:00 p.m.	Intermediate Diving Lessons
7:00 – 8:00 p.m.	Water Exercise
8:00 – 9:30 p.m.	Lap Swim (Mon)
8:00 – 9:30 p.m.	Private Masters Swim (Wed)

Tuesday & Thursday

6:00 – 7:30 a.m.	Early Morning Lap Swim
7:30 – 11 a.m.	Seattle Public School Program
11:15 – Noon	Water Exercise
Noon – 1:30 p.m.	Adult and Senior Swim
2:00 – 3:00 p.m.	Public Swim
3:00 – 4:00 p.m.	Adult Swim
4:00 – 5:30 p.m.	Salmon Bay Swim Team
5:30 – 7:30 p.m.	Youth & Private lessons
6:00 – 7:00 p.m.	Diving Lessons
7:00 – 8:00 p.m.	Hydro-fit
7:30 – 8:30 p.m.	Public Swim (shallow-end only 7:30 – 8 p.m.)
8:30 – 10:00 p.m.	Lap Swim

Friday

6:00 – 7:30 a.m.	Early Morning Lap Swim
7:30 – 11 a.m.	Seattle Public School Program
11:15 – Noon	Stretch and Flex
Noon – 1:30 p.m.	Adult and Senior Swim
1:30 – 3:00 p.m.	Public Swim
3:00 – 4:00 p.m.	Lap Swim
4:00 – 5:30 p.m.	Salmon Bay Swim Team
5:30 – 7:00 p.m.	Lap Swim
7:00 – 8:00 p.m.	Diving Lessons
7:00 – 8:00 p.m.	Public Swim

Saturday

7:30 – 9:00 a.m.	Lap Swim
9:00 – 10:00 a.m.	Hydro-fit
10:00 – 11:30 a.m.	Lessons
11:30 – 12:30 p.m.	Senior Swim
12:30 – 1:30 p.m.	Adult Swim (4 lanes)
1:30 – 3:00 p.m.	Public Swim
3:00 – 4:30 p.m.	Family Swim
4:30 – 5:30 p.m.	Lap Swim

Professional Staff

Terence Irvis, *Pool Coordinator*
 Katie Nichols, *Asst. Pool Coordinator*
 Luke Williams, *Senior Lifeguard*
 Marcos Fernandos, *Senior Lifeguard*
 Naty Acierto, *P.P.T. Cashier*
 Bill Burns, *Pool Operator*

Recreation Swim Prices

Under 1 year	Free
Youth 1 – 18	\$2.25
Adult 19 – 64	\$3.25
Senior Adults	\$2.25
Spec. Pop/ADA	\$2.25
Recreation Swim Card	\$20.00
Adult F.A.S.T. Pass	\$45.00
Sr./Youth/ADA F.A.S.T. Pass	\$35.00

Water Exercise Fees

Adult Fitness	\$3.75
Sr/Youth/ADA Fitness	\$2.50
Fitness Swim Ticket	\$30.00

Other Fees

"Just a Shower"	\$2.00
Towel Rental	50¢
Sauna	\$3.25
Weights	50¢

Merchandise

Classic Goggles	\$4.50
Swedish-Style Goggles	\$4.50
Jr. Pro Goggles	\$5.00
No-leak Goggles	\$6.00
Animal Goggles	\$7.00
Hologram Goggles	\$7.00
Anti-Fog Goggles	\$10.00
Latex Caps	\$4.00
Silicone Caps	\$7.00
Nose Clips	\$4.00
Ear Plugs	\$4.00

Fees Subject to Change

We accept Visa, MasterCard and American Express. All taxes are included

Queen Anne Aquatic Facility

3

Fitness Programs

Hydro-fit

A non-impact exercise class that is both toning and cardiovascular. Designed for buoyancy, and resistance apparatus are used in deep water. Drop in program. No prior experience necessary

Monday & Wednesday 11:15 a.m. – Noon
Tuesday & Thursday 7 – 8 p.m.
Saturday 9 – 10 a.m.
Fees:\$3.75 Seniors \$2.50

Water Exercise

A structured low impact exercise program including warm-up, stretching, cardiovascular workout and cool down. Drop in program. No prior experience necessary.

Monday & Wednesday 7 – 8 p.m.
Tuesday & Thursday 11:15 a.m. – Noon.
Fees:\$3.75 Seniors \$2.50

Oodles of Noodles

Shallow water fitness program to enhance flexibility and balance while working with a noodle. Everyone is welcome. Drop in program.

Wednesdays 11:15 a.m. – Noon
Fees:\$3.75 Seniors \$2.50

Stretch and Flex

A class designed to relieve the pain and stiffness caused by arthritis. It's fun and no swimming is required. Drop in program.

Friday 11:15 a.m. – Noon
Fees:\$3.25 Sen/Yth/ADA \$2.25

Recreational Swimming

Adult Swim

One half of the pool is set up with lanes for lap swimming. The other half is available for recreational swimming. Aqua joggers allowed. 3 lap lanes are provided with the exception of Saturday where 4 lap lanes are provided.

Age: adult
Monday– Friday Noon – 1:30 p.m.
Tuesday & Thursday 3 – 4 p.m.
Saturday 12:30 – 1:30 p.m.
Fees:\$3.25 Seniors \$2.25

Senior Swim

A recreational swim period for seniors. 3 lanes are available for swimmers interested in fitness swimming and the other half of the pool is open for floating, exercising and socializing. *Only seniors and disabled allowed on Saturdays.

Monday – Friday Noon – 1:30 p.m.
Saturdays 11:30 a.m. – 12:30 p.m.
Fees:\$3.25 Seniors/ADA \$2.25

Family Swim

A fun swim session for parents or guardians and their children. An Adult must accompany youth under 19 years into the pool

Saturday 3 – 4:30 p.m.
Fees:\$3.25 Seniors \$2.25

Lap Swims

A session for fitness swimming. There are four speed levels (slow, medium, fast, very fast) with 6 lanes. No aqua joggers.

Monday – Friday* 6 – 7:30 a.m.
*Early lap swim admission by ticket or checks. No cash accepted.

Monday, Wednesday, & Friday 3 – 4 p.m.
Monday 8 – 9:30 p.m.
Tuesday & Thursday 8:30 – 10 p.m.
Saturday 7:30 – 9 a.m.
Saturday 4:30 – 5:30 p.m.
Friday 5:30 – 7 p.m.
Fees:\$3.25 Seniors/ADA \$2.25

Public Swims

A recreational swim for anyone. Children must be at least 4 feet or six years old to swim alone: otherwise a parent or guardian must accompany them. Flotation devices are permitted with staff approval only.)

Tuesday & Thursday 2 – 3 p.m.
Tuesday & Thursday 7:30 – 8:30 p.m.
Friday 1:30 – 3 p.m.
Friday 7 – 8 p.m.
Saturday 1:30 – 3 p.m.
Fees:\$3.25 Sen/Yth/ADA \$2.25

Swimming Lessons

It is the policy of QA Pool to give priority to currently enrolled students who wish to continue with lessons. New students may sign up during open registration done by lottery drawing. Sign ups are according to the number you draw and what is available.

Tots (6 months to 4 years)

This series of lessons helps introduce you and your child to the swimming pool. Emphasis is placed on your child to relax and become comfortable in this "new" water environment. Parents accompany the child in the water.

Three-Year-Old Lessons

Small classes with an instructor to start your child learning basic swimming and water safety skills. Due to smaller classes the cost is \$5.50 per half-hour session.

Kinder lessons (4 & 5 year olds)

Designed to teach the basic skills of swimming and safety. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

Youth lessons (6 – 14 year old)

A progression of classes from Level I to Level VII. Each class builds the skills necessary to advance to the next level of swimming.

Swim Team Prep

Experience the fun of competitive swimming while enjoying being part of the team. The coaches will emphasize improving skills, building teamwork and having a good time. Eligibility for skill level V required.

Adult lessons (Adults only)

From the beginner to advanced. Skills and progress are tailored to meet the individual's learning needs. Classes are arranged by ability.

Private Lessons

Tuesday & Thursday 7:00-7:30PM

Cost \$22.00 per half hour (one person)

\$32.00 per half hour (two people)

A program that is individualized to fit your personal needs.



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for FREE swimming lessons for all 3rd and 4th grade students in Seattle. The FREE swim lesson program is available for the first time beginner as well as the more advanced swimmer. For more information on the "Learn to Swim" program, please call Queen Anne Pool @ 206-386-4282 or visit our web page at

www.cityofseattle.net/parks/aquatics/learntoswim.htm

Competitive Swim Workouts/ Swim Team

U.S.S. Age Group Swim Club

A year round program offered

Contact Doug @ 206-781-0827

Monday – Friday

4 – 5:30 p.m.

U.S.S. Masters Swim Club

A year round adult program focusing on swimming and strength.

Contact Ed Artis @793-3099

Sundays 9:30 a.m.-11 a.m.

Mar 1-Jun 15

Wednesdays 8 p.m.-9:30 p.m.

Mar 1-Jun 15

Fridays 8 p.m.-9 p.m.

Mar 1-Jun 15

Things to know

Pool Size 25 yards X 15 yards

Water temperature 85 degrees

1 mile=36 laps/72 lengths

Mechanical pool lift with extra wide steps

Depth 3 feet to 12 feet

1 & 3 meter diving board. Dry Heat Sauna.

Two ADA Accessible family changing rooms.

Served by metro bus #3,4 & 13

Spring Lessons

5

Schedule

No classes April 17 & May 31

A pre-test is required prior to Lesson Registration

Monday/ Wednesday Lessons

2:00-2:30 p.m.: Kinder I-IV

6:30-7:00 p.m.: Adult Lessons

Session	Dates	#of classes	Cost	Registration Dates	Time
Session # 1	March 22 – April 21	10	\$40	March 19	5:30 p.m.
Session # 2	April 26 – June 2	11	\$44	April 23	5:30 p.m.

Monday Lessons

2:30-3:00 p.m.: 3 year old lessons (\$66.00)

5:30-6:00 p.m.: Kinder I-IV

6:00-6:30 p.m.: Youth I-IV

Session	Dates	#of classes	Cost	Registration Dates	Time
Session # 1	March 22 – May 24	10	\$40.00	March 19	5:30 p.m.

Wednesday Lessons

1:30-2:00 p.m.: 3 year old (\$66.00)

2:30-3:00 p.m.: 3 year old (\$66.00)

Session	Dates	#of classes	Cost	Registration Dates	Time
Session # 1	March 24 – June 2	11	\$44.00	March 19	5:30 p.m.

Tuesday/Thursday

5:30-6:00 p.m.: Youth I-IV

6:00-6:30 p.m.: Kinder I-IV

6:00-6:30 p.m.: Swim Team Prep

Session	Dates	#of classes	Cost	Registration Dates	Time
Session # 1	March 23 – April 22	10	\$40.00	March 19	5:30 p.m.
Session # 2	April 27 – June 3	12	\$48.00	April 23	5:30 p.m.

Tuesday

6:30 – 7:00 p.m.: Tots

6:30 – 7:00 p.m.: 3 year olds

Session	Dates	#of classes	Cost	Registration Dates	Time
Session # 1	March 23 – June 1	11	\$44/66	March 19	5:30 p.m.

Thursday

6:30-7:00 p.m.: Tots

6:30-7:00 p.m.: 3 year old

Session	Dates	#of classes	Cost	Registration Dates	Time
Session # 1	March 25 – June 3	11	\$44/66	March 19	5:30 p.m.

Saturday

10:00-10:30 a.m.: Kinder I-IV

10:00-10:30 a.m.: 3 year old Session \$66.00

10:30-11:00 a.m.: Youth I-IV

11:00-11:30 a.m.: 3 year olds Session \$66.00

11:00-11:30 a.m.: Youth V-VII

Session	Dates	#of classes	Cost	Registration Dates	Time
Session # 1	March 27 – June 5	11	\$44.00	March 26	5:30 p.m.

To sign up for lesson all children must be pre-tested. You can do this during any Family or Public swim.

Attention changes:

Starting this winter we have changed the format for Monday/Wednesday lessons. You can now sign up for just Monday if you prefer or Just Wednesday. However if you want to sign up for both days it is still available.

Lesson Refund Policy: Please call pool.